

Traditional / Indigenous Games of India

S. N.	Names of Games	State / Region	Boys/ Girls/ Or Both	Number of States/U.T.	Team Members Strength	Brief History
1.	Gatka	Punjab	Separate team for Male & female	16 State participated in last National held in Delhi	Minimum 7 and maximum 11 members per team. Separate team for Male & Female members	<p>Gatka (Punjabi: ਗਤਕਾ <i>gatkā</i>, Urduگٹکے) is a traditional South Asian form of combat-training in which wooden sticks are used to simulate swords in sparring matches.^[1] In modern usage, it commonly refers to the North-Western Indian martial arts, which should more properly be called shastara vidiyā (ਸ਼ਸਤਰ ਵਿਦਿਆ, from Sanskrit <i>Sastra-Vidya</i> or "science of weapons"). In English, the terms <i>gatka</i> and <i>shastar vidya</i> are very often used specifically in relation to Panjabi-Sikhs. In actuality, the art is not unique to any particular ethno-cultural group or religion but has been the traditional form of combat throughout north India and Pakistan for centuries. Attacks and counterattacks vary from one community to another but the basic techniques are the same.^[1] This article will primarily use the extended definition of gatka, making it synonymous with shastara-vidiya.</p> <p>Gatka can be practiced either as a sport (<i>kheḷ</i>) or ritual (<i>rasmī</i>). The sport form is played by two opponents wielding wooden staves called <i>gatka</i>. These sticks may be paired with a shield. Points are scored for making contact with the stick. The other weapons are not used for full-contact sparring, but their techniques are taught through forms training.^[2] The ritual form is purely for demonstration and is performed to music during occasions such as weddings, or as part of a theatrical performance like the chhau dance. A practitioner of gatka is called a <i>gatkabaj</i> while a teacher is addressed as <i>Guru</i> or <i>Gurudev</i>.</p>

2.	Mallakhamba	Tamilnadu	Separate team for Male & Female	24 State participated	In each team Minimum 6 players are required in each category Junior and Senior (M/F)	Mallakhamba (<i>malla-kamba</i> , Marathi: मल्लखांब <i>malla-khamba</i> , Tamil: <i>mallar-kambam</i>) is a traditional Indian sport in which a gymnast performs aerial yoga postures and wrestling grips in concert with a vertical stationary or hanging wooden pole, cane or hanging rope. The word mallakhamba also refers to the pole used in the sport. The pole mallakhamba is usually made from the Seesham (Indian Rosewood) polished with castor oil. ^[3] Three popular version of mallakhamba are practiced using the sheesham pole, cane or a rope. Mallakhamba derives from the terms <i>malla/ mallar</i> which denotes a wrestler and <i>khamba/ kambam</i> which means a pole. Literally meaning "wrestling pole", the term originally referred to a traditional training implement used by wrestlers. Mallakhamb keeps body slim, hardens muscles and ensures the proper degree of tension for each. ^[6] On April 9, 2013, the Indian state of Madhya Pradesh declared mallakhamba as the state sport. More than 20 states of India have notified mallakhamba as the state sports. ^[2]
3.	Tug of War	Played in whole of India	Separate team for Male & Female	Minimum participation of State/ U.T. are 24	In each team 10 players. And playing members at a time is 16 (Sixteen)	Tug of war (also known as war of tug, tug o' war, tug war, rope war, rope pulling, tug rope, tugging war or Afrikaans: <i>toutrek</i>) is a sport that directly puts two teams against each other in a test of strength: teams pull on opposite ends of a rope, with the goal being to bring the rope a certain distance in one direction against the force of the opposing team's pull.

					Members. 8 players in each side for pulling the rope.	
4.	Insuknawr	Mizoram.	Male		Individual' s game. Make team of 5 Members in each team from state.	An exciting way to enjoy Mizoram state is by taking part in an Insuknawr competition. This Indigenous game is played by two people, who stand in a circle. A single rod, about 8-feet long and roughly 3-4 inches in diameter, is held by both opponents under their armpits. As per the rules, at least 4 inches of the rod-length should be under the armpits and the rod should stay symmetrical to the center of the circle. The participants attempt to throw each other out of the circle by pushing the rod and the opponent.
5	Jump Rope	Played all Over India	Separate team for Male & female	In last national 18 states /U.T. participate d.	15 members in each team	A skipping rope or jump rope (American English) is a tool used in the sport of jump rope where one or more participants jump over a rope swung so that it passes under their feet and over their heads. There are multiple subsets of jump rope including: single freestyle, single speed, pairs, three person speed (double dutch), and three person freestyle (double dutch freestyle). The events are often separated by gender and age
6	Kalaripayattu	Kerala	Separate team for male & female		Fight according to Weight category	Kalaripayattu (pronounced as Kalarippayatt) is a Indigenous martial art, which originated as a style in Kerala, southern India (North Malabar). ^[1] The word <i>kalari</i> first appears in the Tamil Sangam literature (c. 300 BCE to 300 CE) ^[2] to describe both a battlefield and combat

						arena. The word <i>kalari tatt</i> denoted a martial feat, while <i>kalari kozhai</i> meant a coward in war. ^[2] Each warrior in the Sangam era received regular military training. It is considered to be one of the oldest surviving fighting systems still in existence in the world. ^[3] It was originally practiced in northern and central parts of Kerala and southern parts of Tamil Nadu
7	Sqay Martial Art	J&K State games	Male & Female	9 state / U.T. participated	11 weight category for Senior for male /female	The early history of Sqay is limited to mythology. Folklore traces it to remote antiquity several thousand years ago, as far back as the ancient Kashmiri flood myth. The Shaivite snake-worshipping Naga people are said to have created the art prior to the Indo-Aryan invasions, and it was later patronised by kings. The first written evidence of sqay dates to the Muslim period when Persian writings told of sabrefighting (<i>shamsherizen</i>) in Kashmir. The word <i>sqay</i> itself is first recorded in this period, and is said to mean "knowledge of war" in Persian. Sqay first began to decline in the colonial period but its popularity suffered more during the post-independence Kashmir conflict. In the 1980s, the sqay grandmaster Nazir Ahmed Mir feared that the art would go extinct, and so introduced modern types of competition influenced by karate and taekwondo. The subsequent founding of the International Council Of Sqay and the Sqay Federation Of India have allowed the system to be promoted on a national level. It is now taught in twenty Indian states as well as Bhutan and Kathmandu, Nepal.
8.	Circle Kabaddi	Punjab / Haryana	Male / Female both team		Maximum 8 player in each team	Kabaddi is the Traditional sport of the Punjab region and was referred to as Punjabi Kabaddi in India and Pakistan. However, with the formation of the states of Haryana and Punjab

						<p>in India, the same game was referred to as Punjab Kabaddi and Haryana Kabaddi. This caused confusion and therefore, in 1978, the Amateur Circle Kabaddi Federation of India was formed and the style of Kabaddi played in the Punjab region was named Circle Kabaddi.</p> <p>The diameter of the circle is 22 meter.</p>
9.	Dog & Bone	Famous among the student / youth	Male & Female		10 players in each team	<p>Split the group in two with one group on each side of the playing area along a line. Place a ball/beanbag (the bone) in the middle of the playing area. Each team must be numbered 1 to 10 (change this depending on group size). The instructor shouts a number and the two people with that number (on opposite teams) must try to get the bone before the other one. When one gets the bone, the other can try to tag them before they get back to their team line. The team scores points depending on how many times they manage to get the bone. You can mix it up by choosing different numbers on each team to go against each other.</p>
10.	Dhopkhel	Assam	Male		11 players in each state /UT team	<p><i>Dhopkhel</i>, also transliterated <i>dhop khel</i> and <i>dhoop khel</i> (Assamese: ডোপখেলা), is a traditional ball game played in the Indian state of Assam. The game is played between two eleven member teams on a 125 m × 80 m field bounded by four flags. The players take turns throwing the ball at the opponent to knock them out of the game, while seeking to catch the ball and evade other players. It is a test of speed, stamina, and acrobatic skills.</p> <p>Matches of the game were traditionally made to observe the spring and New Year festival</p>

						of Bihu. The game was once played to amuse Ahom royalty as a spectator sport. It is no longer widely played in Assam, though efforts are being made to revive it.
11.	Slow cycle Race	School level in Whole India	Male / female		Individual's game.	<ol style="list-style-type: none"> 1. The course will be 20 meters long and 0.75 meter wide. 2. The course will not be sloped. 3. The course will be marked. 4. Forward motion shall be provided by the muscles of the rider. 5. No part of the competitor's body may touch the ground. 6. The bicycle must maintain forward motion at all times. 7. The bicycle must remain within the boundaries of the course. 8. Each team will be allowed 2 attempts to complete the course.
12.	Yoga	Whole India	Male / Female		Group yoga, minimum team of 14 players in each team	<p>The origins of yoga have been speculated to date back to pre-Vedic Indian traditions; it is mentioned in the Rigveda but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and śramaṇa movements. The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to Hindu Upanishads. The <i>Yoga Sutras of Patanjali</i> date from the first half of the 1st millennium CE, but only gained prominence in the West in the 20th century. Hatha yoga texts emerged around the 11th century with origins in tantra</p>
11.	Silambam	Tamilnadu	Male /Female		Individual's game.	<p>Silambam (Tamil: சிலம்பம்) is a weapon-based Martial Art of India, more specifically in the state of Tamil Nadu. Silambam Martial art originated from Tamil Nadu in South India. Tamil</p>

						<p>Nadu has rich tradition and heritage which spans a period over three thousand years. So they have their own Distinct Bravery games, sports, art, architecture, dance etc.</p> <p>The word "Silambam" means either a mountain or merely to sound (as verb). While the Silambam fencers are fighting, the weapon makes sound. This might have been the cause for its being named as "Silambam".</p>
12	Thang -Tha	Manipur	Male / Female	State participated 12	Individual game.	<p>Thang Ta is the popular, a common name, given to '<i>Huyen Langlor</i>', the indigenous Martial art system of the Meetei race, major inhabitants of the valley of Kangleipak, the present Manipur state, Northeast India - '<i>Thang</i>' means sword, & '<i>Ta</i>' means spear, as these are the main weapons used. To untrained eyes, it may seem to share many resemblances to other styles of Indian martial arts - the ancient <i>Shastra Vidya & Vajramusthti, Kalaripayat</i> of Kerala; Gatka of Sikhs, <i>Silambam</i> of Tamils; the art forms still practised in many Akharas all over India – but one should know that it's very much distinct & different from the rest, proud to be unique & specific in its own, from the very beginning of its existence itself.</p>
13	Musical Chair	Whole India	Male/ female	State participated 10	Minimum 15 players in each team.	<p>Musical chairs is a game where a number of chairs, one fewer than the number of players, are arranged facing outward with the players standing in a circle just outside the chairs. Usually music is played while the players in the circle walk in unison around the chairs.</p>
14	Slingshot	Maharashtra	Male / female		Individual's game.	<p>A slingshot or catapult Gulel (India), kettie (South Africa), bean shooter, or flip or tirador (primarily Tagalog), is normally a small hand-powered projectile weapon. The classic form consists of a Y-shaped frame held in the off hand (nondominant hand), with two natural-</p>

						rubber strips attached to the uprights. The other ends of the strips lead grasps the pocket and draws it back to the desired extent to provide power for the projectile—up to a full span of the arm with sufficiently long bands.back to a pocket that holds the projectile. The dominant hand
15	Three Leg Race	Famous among the student / youth	Male /female		Minimum 2 players in each team.	A three-legged race involves two participants attempting to complete a short sprint with the left leg of one runner strapped to the right leg of another runner. The object is for the partners to run together without falling over, and beat the other contestants to the finish line.
16	Arm wrestling (Para Players) Especially handicap by leg	All Over India	Male / female			Arm wrestling is a sport involving two participants. Each places one arm on a surface with their elbows bent and touching the surface, and they grip each other's hand. The goal is to pin the other's arm onto the surface, the winner's arm over the loser's arm.
17	Para Cycling race Three wheeler Or Two wheeler	All Over India	Male /female			Athletes have an impairment which affects their balance. ^[15] They compete with a three-wheeled cycle called a tricycle - three wheels providing more balance than a standard two-wheeled cycle. Or Two wheeler